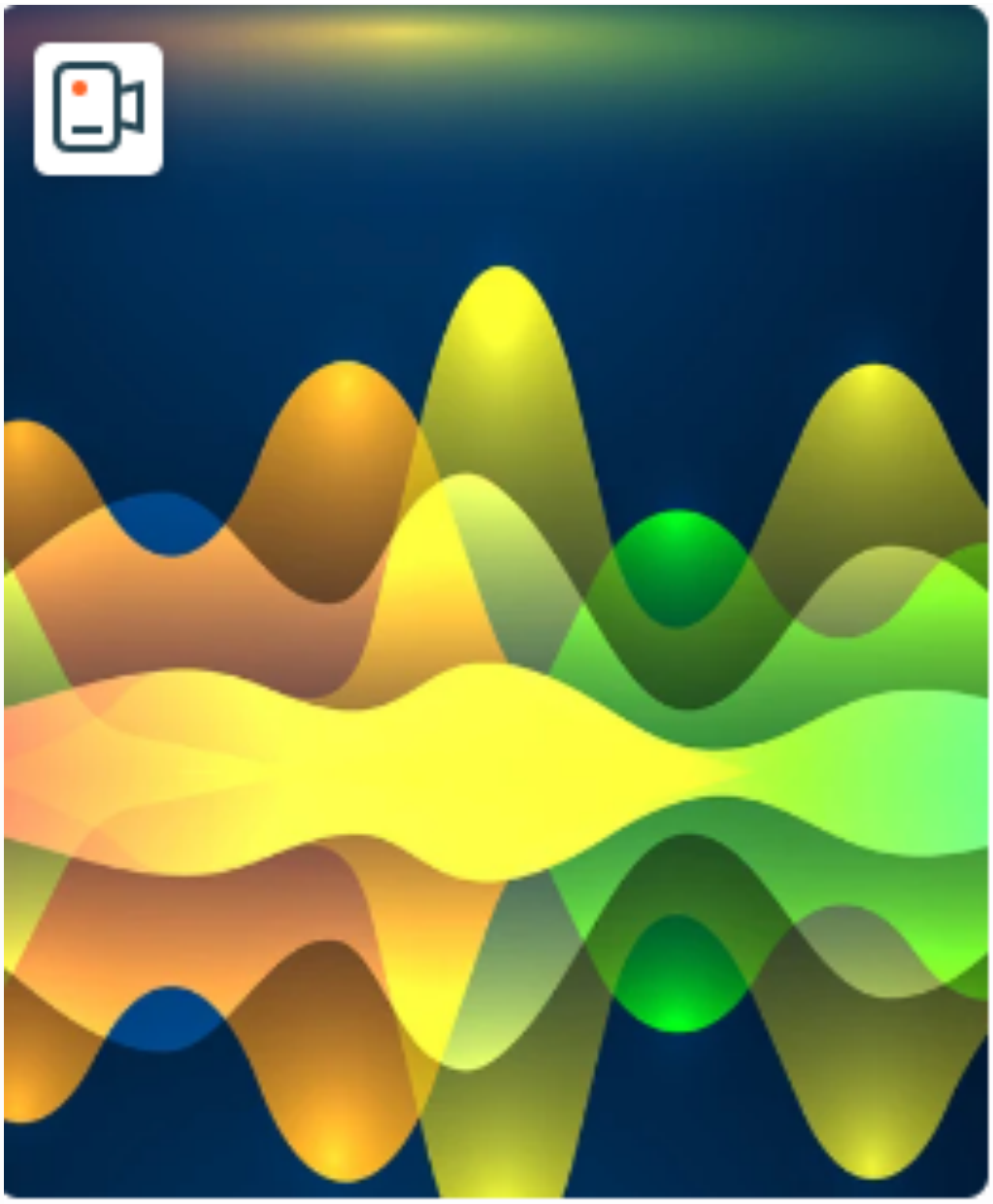
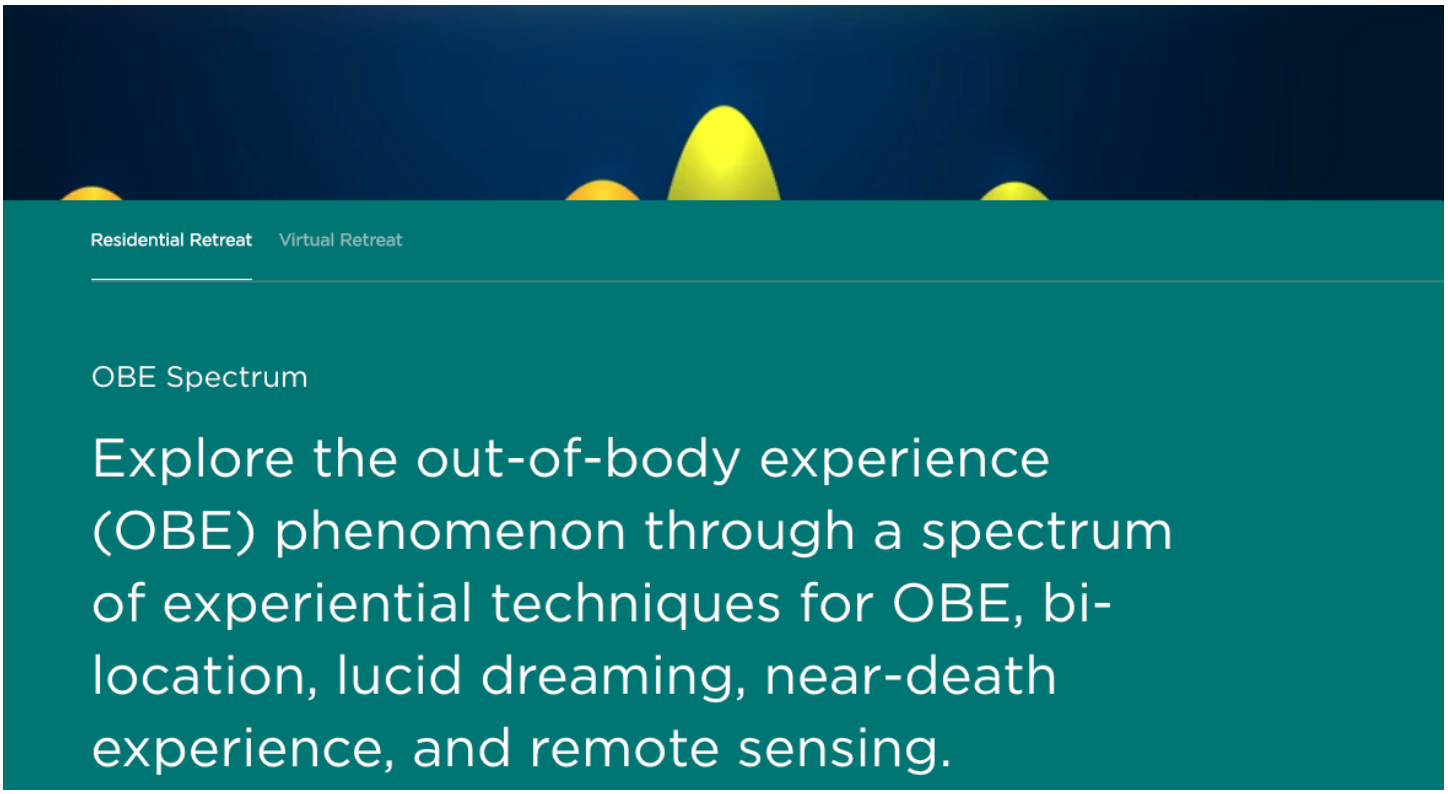


OBE Spectrum

Residential

2020 Website Program Description


Residential Retreat
Virtual Retreat
OBE Spectrum
Explore the out-of-body experience (OBE) phenomenon through a spectrum of experiential techniques for OBE, bi-location, lucid dreaming, near-death experience, and remote sensing.

Residential Program

$2,195.00

5 Days + 6 Nights

Prerequisites
Gateway Experience
Gateway Voyage
Gateway Voyage Virtual Retreat
Introduction to Beyond Meditation
Beyond Meditation
Only one of the prerequisites above is required

Explore the nonphysical state of being and the consciousness spectrum related to out-of-body experiences. Practice a variety of separation techniques with an emphasis on energy work in preparation for controlled out-of-body practice.

Know that you are more than your physical body. Explore your multidimensional nonphysical nature. Begin by learning Robert Monroe's methods for achieving an out-of-body state, his personal exploration and his models of the nonphysical realm.

Learn to recognize the differences between OBE, Remote Sensing, Lucid Dreaming, and Bilocation. Explore additional models and perspectives that have emerged along the OBE spectrum. Develop skills for navigating, perceiving and interpreting within these additional nonphysical realms. Discover other perspectives that can deepen your understanding of self-directed consciousness exploration. Experience a greater wholeness and sense of freedom within all aspects of your nonphysical self.

Lucid dreaming and out-of-body states are somewhat similar, with each having its unique characteristics. Practice lucid dreaming techniques based on Monroe trainers Luigi and Thomas' Lucid Dreaming program. Begin in a lucid dream and transform your experience into an OBE.

Another form of spontaneous OBE is a near-death experience. Learn how to deliberately enter the near-death realm. Experience the physical separation into the nonphysical, bask in the warm embrace of your energetic self and easily return to the physical realm at will. Learn these separation techniques used in Monroe Institute President and ED, Scott Taylor's, Near-Death Experience program.

Learn how to have an OBE with clarity, confidence and success. Developed by a team of Monroe trainers this OBE course draws upon over 50 years of experience in the field of human consciousness exploration. OBE Spectrum offers you a broad foundational knowledge of what an OBE is, the variations of an OBE and how to consciously initiate them at will.

What You Get

In addition to the program materials and audio exercises, you will receive the following benefits.

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<td>
Semi-Private Rooms
Standard accommodations are double-occupancy rooms.</td>
<td>
Free Wi-Fi
Free Wi-Fi is available for guests</td>
<td>
Daily Meals
Our dining menu offers many healthy fresh options with a farm-to-table philosophy.</td>
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<td>
Shuttle Service
Local area, shuttle transportation is included on the first and last days of each program.</td>
<td>
Swimming
During afternoon breaks, enjoy a dip in the swimming pool or lake (weather-permitting).</td>
<td>
Massage
Massages are available during weeklong retreats during afternoon breaks. (additional fee)</td>
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